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Bicycling Safety Tips

- Get in shape before you get serious about cycling. Stretch and do strengthening exercises. Before you ride, warm up and stretch for 5-to-10 minutes.
- The biggest preventable risk factor for bicycle head injury is not wearing a bicycle helmet. Helmets will protect you against 85% of all head injuries and 88% against brain injuries.
- If your bicycle fits, you'll perform better and avoid overuse injuries. Your knees should be at about a 15-degree angle when fully extended.
- Make sure you have lights and reflectors on your bike, whether you are using it for training, recreation, or transportation.
- Carry a cell phone or change for a pay phone, your ID card, and an emergency-contact card. Bright clothing or a safety vest as another good precaution.
- The primary risk factors are excessive speed, traffic, fatigue, and poor road conditions.
- Beware at intersections. Signal your turns and look out for others.
- Fatal collisions are most common in urban areas. Roads with speed limits of 55 mph or greater produce higher rates of injuries and fatalities.
- You'll need all of your senses, especially hearing and sight. Don't wear headphones.

Cycle while it is daylight.

Lawnmower Safety Tips

1. Buy a mower that has a "kill switch" built into the handle, so that when you release the handle, the engine stops and the mower stops moving.
2. There are sensible age limits for mowers. To use a riding mower, you ought to be at least 16 years old. For regular, walking mowers, 12 years old.
3. Wear strong shoes or boots, not flip-flops or sneakers.

4. Pick up rocks, sticks, pinecones, and toys before mowing, even if you are using a mower that collects the clippings automatically.
5. Wear goggles or safety glasses, and wear hearing protection. Once you get used to protecting your hearing, you'll be amazed at how annoyingly noisy a mower is when you aren't wearing anything.
6. Don't mow when other people are nearby.
7. Put gas in your edger and mower outside, and do it before you start, not during.
8. If you are going to remove or replace the blade, disconnect the spark plug first.
9. Turn off the mower and wait for the blade to stop spinning before you empty the grass catcher, unclog something from the blade or under the mower, or push the mower across rocks or gravel.

Riding mowers aren't meant to carry passengers.

Protect yourself from insect bites

SPIDERS	MISC. INSECTS
<ul style="list-style-type: none"> • Shake out your clothing and shoes before you dress, and inspect bedding and towels before using. • Don't go barefoot or handle firewood without gloves. • Get rid of trash, old boxes, piles of lumber, old clothing, and other unwanted items. Eliminate cluttered areas in basements, closets, attics, and other outbuildings. • Dust and vacuum thoroughly and frequently around windows, corners in rooms, under furniture, and in storage areas to eliminate spiders, webs and egg sacs. Use a dust mop, broom and dust pan if needed. • Install screens on doors and windows. • Seal or caulk cracks and crevices where spiders can enter the house. • Wash off the outside of the house and roof eaves. • Use approved pesticides, but always read the label, and follow directions and precautions. 	<ul style="list-style-type: none"> • Wear light-colored clothes. Mosquitoes are attracted to darker colors. Also, you can see ticks more easily on light-colored clothes. • Wear long pants and a long-sleeved shirt that has a collar. Tuck in your shirt. You can also tuck your pants into your socks. • Avoid thick woods, dense grass, pools and puddles. • Check yourself for ticks when you return. Most are large enough to be easily seen, but some are tiny, so look carefully on your scalp, the back of your neck, behind your ears, and under your arms. • If the tick has started to bite and is attached, carefully remove it with a pair of tweezers. • If you get bitten, treat the area with a topical antibiotic. If you get a rash and have flu-like symptoms, see a doctor. • If you use a bug repellent, read the label carefully and follow the instructions. • Some other tips about bug repellents: <ul style="list-style-type: none"> • Don't let kids apply them by themselves. • Don't apply to a child's lips, mouth, hands or eyes, or over a cut or irritated skin. <p>Wash off the repellent when you come back indoors and no longer need protection</p>

Baseball and Softball Safety Tips

- **Pitching Too Long or Too Many Innings** -- Many injuries occur from excessive pitching. Most organized baseball leagues have guidelines about the number of innings that can be pitched, usually based on the player's age. While there is no concrete guideline for the number of pitches allowed, a reasonable approach is to count the number of pitches thrown and use 80 to 100 pitches as a maximum in a game, and 30 to 40 pitches in a practice. Any persistent pain should disqualify a person from playing until pain subsides.
- **Breakaway bases** -- Many players get injured while sliding into bases. The number of these mishaps could be significantly lowered by installing breakaway bases on playing fields. A breakaway base is snapped onto grommets attached to an anchored rubber mat that holds it in place during play. When a runner slides into the base, it can be dislodged to avoid direct contact and injury. During normal base running, the breakaway base is stable and will not detach.
- **Protective gear** -- Protective equipment is one of the most important factors in minimizing the risk of injury in baseball. This equipment must fit properly and be worn correctly.
 - Wear a batting helmet at the plate, when waiting a turn at bat, and when running bases.
 - Face masks that are attached to batting helmets are available in some youth leagues. These devices can help reduce the risk of a serious facial injury if hit by a ball.
 - The catcher must always use a catcher's mitt. If you play another position, ask your coach about specific size requirements for your mitt.
 - Catchers should always wear a helmet, face mask, throat guard, long-model chest protector, protective supporter, and shin guards when catching batting practice and during games.
 - Most youth leagues prohibit the use of shoes with steel spikes. Instead, wear molded, cleated baseball shoes.
 - Inspect the playing field for holes, glass, rocks, and other debris.
- Stay in condition year-round with some form of regular exercise. Start with something as simple as brisk walking.
- Someone (a teammate, referee or spectator) should know first aid. Make sure someone on your team carries first aid equipment, particularly ice or ice packs.
- Don't go straight from your car onto the field. Arrive early and warm up with a walk or an easy jog. With sports where there are bursts of vigorous activity interspersed with inactivity, it's a good idea to move around or stretch during the idle periods.
- Stretch before the game, but not when your muscles are cold. Warm up a little first, then stretch gently. Afterwards, if you have had a vigorous workout, you can stretch more intensely. Learn stretches that are appropriate for your sport.
- Drink plenty of water or other fluids such as sports drinks during and after the game.
- If you start to feel pain, discomfort or fatigue, get your coach to put in a substitute. Don't overdo it.

Power Tools (Electric) Safety Tips

- Insulation is a primary protection against electric shock, but it can get worn or cracked. Inspect it regularly. Look for frayed cords on power tools.
- Replace damaged electrical equipment or have it repaired at an authorized repair center. Replace frayed cords, broken plugs or cracks that could cause hazards; cut and throw out damaged cords.
- Plug grounded (3-wire) tools only into grounded outlets.
- Don't pick up power tools by their power cords.
- Read and obey all signs and posted warnings. Don't let these important sources of information become an unnoticed part of the landscape.

- Don't work with electricity in the rain. Use ground fault circuit interrupter (GFCI) protection when working where water is near electricity, in areas such your kitchen, laundry room, bathroom or outdoors, to protect against electric shock.
- Leave technical, complicated or confusing tasks involving electricity to electricians and other specialists. A little knowledge can definitely be a dangerous thing when it comes to wiring, troubleshooting and repairing electrical devices and circuits.
- Use a wood or fiberglass ladder if you are working with or around electricity.
- If you are working with someone who gets shocked, first make sure you shut down the source of the current. If the victim appears to still be touching the source of the shock, move him or her away using something made of wood or plastic.
- Make sure that all appliances and equipment are approved by an independent testing laboratory, such as Underwriters Laboratories (UL).
- For appliances and equipment, follow the manufacturer's instructions.
- When using a generator, plug appliances directly into the generator or use a heavy duty outdoor-rated extension cord that is free of cuts and tears and has a 3-prong plug.
- Make sure power strips and surge suppressors are designed to handle the loads for their intended use. Don't overload circuits by plugging too many items into the same outlet.

Preventive Maintenance for Your Car or Truck Safety Tips

Summer's heat, dust and stop-and-go traffic will take their toll on your car or truck. Add the effects of last winter, and you could be poised for a breakdown. You can lessen the odds of mechanical failure through periodic maintenance. Your vehicle will last longer, have a higher resale value, and you can survive summer trips unscathed-physically and financially.

Some of the following tips are easy to do; others require an auto mechanic.

- **Air Conditioning.** A marginally operating system will fail in hot weather. Have the system examined by a qualified technician.
- **Cooling System.** The greatest cause of summer breakdowns is overheating. Completely flush the cooling system and refill it every two years. Periodically check the level, condition and concentration of the coolant. (Mechanics usually recommend a 50/50 mix of anti-freeze and water.) Never remove the radiator cap until the engine has thoroughly cooled.
- **Hoses & Belts.** Look closely at every hose you can reach. Replace any that are cracked, brittle or soft. Do the same for belts.
- **Oil.** Change your oil and oil filter as specified in your manual-more often (every 3,000 miles) if you make frequent short jaunts, extended trips with lots of luggage, or tow a trailer.
- **Engine Performance.** Replace other filters (air, fuel, PCV, etc.) as your manual recommends-more often in dusty conditions. Correct drive problems (hard starts, rough idling, stalling, diminished power) at a reputable shop.
- **Windshield Wipers.** A dirty windshield causes eye fatigue and can be a hazard. Replace worn blades and keep your windshield-solvent tank filled.
- **Lights.** Inspect all lights and bulbs. Replace burned-out bulbs, and periodically clean dirt and insects from all lenses. To prevent scratching the lens, use a soft, dry rag.
- **Tires.** Have your tires rotated about every 5,000 miles. Check tire pressure once a month. Do it while the tires are "cool," not right after pulling into a gas station or your driveway. Don't forget your spare, and be sure the jack is in good condition. Examine tires for tread life, uneven wearing and cupping. Check the sidewalls for cuts and nicks. If you have uneven tread wear or your car pulls to one side, you need an alignment.
- **Brakes.** Follow the recommendation in your owner's manual on when to get brakes inspected. Have it done sooner if you notice pulsations, grabbing, noises, or longer stopping distances.

- **Battery.** Batteries can fail any time of year. The only accurate way to detect a weak battery is with professional equipment. Routine care: Scrape away corrosion from posts and cable connections; clean all surfaces; re-tighten all connections. If battery caps are removable, check the fluid level monthly. Avoid contact with corrosive deposits and battery acid. Wear eye protection and rubber gloves.
- **Emergencies.** Carry some basic tools. Also include a first-aid kit, flares and a flashlight. Consider buying a cellular phone, but please pull off the road before using it.

WATER SAFETY TIPS

Drowning claims almost 900 children's lives a year and is the second leading accident-related killer of kids up to age 14. Here's what you can do to prevent this tragedy.

PROBLEM	DANGER	SOLUTION
Lax supervision	99% of victims are being watched – but not well enough	Adults in charge should be experienced swimmers, watch the pool at all times and know CPR
Inadequate layers of protection	61% of pools and spas are not fenced in	Fences should be at least 5 feet tall and have self-closing and locking gates
Reliance on floating toys	The belief that inner tubes, noodles and water wings are safety devices	Always have a lifesaving ring, a phone and emergency numbers nearby
False sense of security	Only half of kids wear personal flotation devices when on boats	All aboard should wear vests snug enough that chin and ears can't slip through the neck hole
Limited swimming ability	39% of parents say their kids have never taken lessons	Enroll your child in a swim program with Red Cross or YMCA certified instructors.

IF YOU HAVE ANY QUESTIONS ABOUT THESE TOPICS PLEASE CALL OUR OFFICE. THE MAIN NUMBER IS 433-2692. YOU CAN ALSO SEND US AN EMAIL AT SAFETY@NASOCEANA.NAVY.MIL.

THANKS FOR SUPPORTING THE OSH, TRAFFIC SAFETY, RECREATIONAL AND OFF DUTY SAFETY, AND EXPLOSIVE SAFETY PROGRAMS!